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CLAIMS

1. A muscle development device comprising:

a hollow tight fitting band having a tube and a wire-like  
5 piece provided therein; and

fastening means for use in keeping a length of the tight  
fitting band in a loop having a desired size,

the muscle development device being used to develop muscles  
of a limb while restricting the blood flow therethrough by means  
10 of applying, with said tight fitting band being wrapped around a  
predetermined compressed range of said limb and said tight fitting  
band being fastened with said fastening means to have a desired  
size, a predetermined pressure to said limb around which said tight  
fitting band is wrapped, the pressure being produced by introducing  
15 air to said tube,

said wire-like piece being designed to limit the direction  
towards which said tube is allowed to inflate as said tube is filled  
with air, to against the muscles as determined with said tight  
fitting band being rest on the muscles.

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2. The muscle development device as claimed in Claim 1, wherein  
said wire-like piece has a segment that is not parallel to the  
lengthwise direction of said tight fitting band.

25 3. The muscle development device as claimed in Claim 2, wherein  
said wire-like piece is a set of wire-like pieces that are placed  
in a direction not parallel to the lengthwise direction of said  
tight fitting band at a predetermined distance along the length  
of said tight fitting band.

4. The muscle development device as claimed in Claim 2, wherein said wire-like piece is made of a single wire-like piece having a bend or a series of bends.

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5. A muscle development device comprising:

a hollow tight fitting band having a tube provided therein;

and

fastening means for use in keeping a length of the tight

10 fitting band in a loop having a desired size,

the muscle development device being used to develop muscles of a limb while restricting the blood flow therethrough by means of applying, with said tight fitting band being wrapped around a predetermined compressed range of said limb and said tight fitting  
15 band being fastened with said fastening means to have a desired size, a predetermined pressure to said limb around which said tight fitting band is wrapped, the pressure being produced by introducing air to said tube,

said tube having a higher stretching rate on the side facing  
20 to the muscles than on the side opposite to said muscles, as determined with said tight fitting band being rest on the muscles,

said tube being designed to inflate more in a direction against the muscles than in a direction away from the muscles as said tube is filled with air with said tight fitting band being  
25 rest on the muscles.

6. The muscle development device as claimed in Claim 5, wherein said tube is made of an elastic body, the elastic body being thinner on the side facing to the muscles than on the side opposite to said

muscles, as determined with said tight fitting band being rest on the muscles.

7. The muscle development device as claimed in Claim 5, wherein  
5 said tube is a bonded combination of elastic bodies having different stretching rates from each other, the elastic body on the side facing to the muscles having a higher stretching rate than the elastic body on the side opposite to said muscles, as determined with said tight fitting band being rest on the muscles.

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8. The muscle development device as claimed in Claim 1 or 5, wherein further comprises air limiting means that delimits the portion of said tube into which air is allowed to enter when attached to said tight fitting band at a certain position along the length  
15 thereof.